

*Hydropathy*

# HYDROPATHY,

OR THE

COLD WATER CURE.

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BY A PHYSICIAN.

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*Price One Shilling*



# HYDROPATHY,

OR THE

## COLD WATER CURE.

A POPULAR EXPOSITION OF THE ABOVE SYSTEM  
OF CURING DISEASES,

AS ADOPTED BY

VINCENT PRIESSNITZ,

AT GRÄFENBERG, SILESIA, AUSTRIA.

EXHIBITING HOW FAR THE PLAN IS ORIGINAL,  
USEFUL, OR INJURIOUS.

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“Audi alteram partem.”

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BY

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FELLOW OF THE ROYAL COLLEGE OF SURGEONS, ETC.

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## PRELUDE.

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THE history of the practice of physic affords as many instances of changes of customs and of systems, both practical and theoretical, as we observe in the government of kingdoms and colonies; and yet the world rolls uninterruptedly round: people live and die, and princes and physicians flourish and decay.

“New customs, though they be never so ridiculous—nay let them be unmanly—are followed.”

But, as the fool says in the play, “Here we are.”

What next, Mr. Merryman?—The world is water mad: Fathers Matthew and Priessnitz are carrying all before them—old Aquarius is in his glory—salt beef and herrings will be at a premium.

“You cataracts and hurricanoes spout,  
Till you have drench’d our steeples.”

Hospitals will be turned to laundries, and the sick man’s couch into a washing-tub. Damp beds and wet sheets will be hailed as luxuries. What says Sir Oracle?—Water to lie on—to sit in—to plunge into—to stand ankle deep in; garments

wrung out in water to be worn—to irrigate under water-falls, to drink like fish ; the world will become amphibious to be fresh and sweet. Hold, Mr. Merryman. Your absurdities are neither so novel nor so outrageous as you seem to fear : water-worshipping is “as old as the hills ;” and scarcely a century past we had learned philosophers prescribing pills of cobwebs, and plaisters of treacle and soot, for the cure of the ague ; bolusses of dried and powdered toads for convulsions ; black beetles boiled in oils and served à la Français, with sprinklings of powdered egg shells, for cancers ; warm lamb’s lungs, cold raw lean beefsteaks and live puppies instead of bread for cataplasms ; dead felons’ touches and live kings’ blessings charmed away infirmities that the knife now suggests a readier remedy for. But we waste time.

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### HYDROPATHY.

AMONG the new publications of the last month has appeared an Exposition of the principles and importance of Hydropathy, or the Cold Water Cure :\*

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\* Hydropathy, or the Cold Water Cure, as practised by Vincent Priessnitz, at Gräfenberg, in Silesia, Austria ; by R. J. Claridge, Esq.—Madden & Co., 8, Leadenhall Street.



it is written by a Mr. Claridge, the author of "Travels up the Danube." It appears that this gentleman, not a medical man, had been a severe invalid, and had resorted to Gräfenberg, to avail himself of the advice of a Mr. Priessnitz, whose skill has acquired great fame on the Continent, for treating all diseases, and the majority, it is reported, successfully, by the aid of cold water only, but employed in a variety of ways. The extraordinary relief or cure which Mr. Claridge derived, induced him, with a benevolent motive, to point out the same means to his countrymen; and with that view he thoroughly investigated the practice pursued by Mr. Priessnitz, and bears testimony, in his book, to the many great and extraordinary benefits he saw conferred upon other patients. Independently of that, he has collected from the writings and conversations of several continental medical men, a vast amount of evidence corroborative of the safety, speed, and certainty with which the lame may be made to walk, the blind to see, and the deaf to hear; in fact, in which a sick man may be made whole. This is no exaggeration of the statement before us, nor is it very improbable; the only question unsolved being, how far the mystery is concentrated in the means—the cold water alone. It is stated that "the bed-ridden for years

know not what it is to be confined to their rooms for a single day, or even hour, after their arrival," although it is admitted in another part that "cases of no very long standing succumb to the treatment some times in two or three months: others resist it for one or two years," leaving us to infer that the remedy is not so infallibly expeditious as the preceding paragraph would warrant. We know that perseverance will do wonders; but we cannot command, any more than the Frenchman's horse who died just as he was becoming accustomed to live without eating, that we may survive the experiment.

Without encroaching upon Mr. Claridge's book, which is extremely interesting, (and but for his dogmatical denunciation against English doctors and their drugs, and against English customs and their comforts, reads pleasantly enough, and furthermore should be had by every person intending to emigrate to Gräfenberg for health), I will merely give an abstract from his description of the theory and practice of cold water use, as apparently entertained by Mr. Priessnitz, and only so far as shall suffice for me to build my commentaries upon.

It appears that Mr. Priessnitz, who is happily a genius and a prophet in his own country, was in early life a humble peasant. Meeting with an accident,



whereby he fractured two of his ribs, and not having surgical aid at hand, he became his own Æsculapius ; he reduced the fracture by pressing his stomach against some hard substance and at the same time distending his chest by inspiration, which caused the broken ends of his ribs to meet. These he retained in their places by means of wet bandages secured round his body, and which, as soon as they became dry, he again moistened. Early habits taught him temperance ; and during his misfortune he subsisted on the mildest food and water, of which it appears he was a thirsty soul. He quickly recovered. By degrees he acquired a reputation among his neighbours for the cure of minor complaints, all of which he treated by the internal and external use of cold water. His fame spreading, he was visited by those afar and wide off ; counts, dukes, dowagers, and doctors came to see the water-chirurgeon. Mr. Priessnitz is now a man advanced in life, and has accumulated a fortune ; and doubtless, like many philanthropic aspirers to medical distinction, continues to practise his profession from “benevolence rather than gain.” Now the gist of this new light’s pretensions is as follows :—Mr. Priessnitz considers that water should be our only drink, and that we cannot drink it too abundantly ; he

contends that it dissolves the food, scarcely of consequence what that may be, and certainly not signifying how much ; that it aids digestion, provokes appetite, braces the system and purifies the blood. He considers water a revulsive and depressive agent : he advises its plentiful use externally, applied by means of wet bandages, wet sheets, cold plungings, pumpings, and frictions ; he excites perspirations, and checks them, and re-excites them, and so, by draining all the grosser constituencies of the blood, restores the patient to a pure and primitive state of health. During these processes, the system encounters a general rake up, and the invalid has to undergo what is called the crisis, which is a revulsion of the bad humours of the body to the skin, in the form of boils, abscesses, and eruptions, a certain criteria that the method is working its cure.

The skill of Mr. Priessnitz is shewn by the modifications of his treatment, it being in no two cases exactly alike. A summary of his process may be thus given : the patient is desired to drink nothing but water, and it cannot be taken too cold ; invalids rise at four, proceed to the spring, drink one or two tumblers of the water, then warm themselves by exercise, and then proceed to the bath, which they plunge into, previously washing their head and face ;

they, are then dried, dress, and to breakfast with what appetite they may. Before noon a sitz-bath, or a head-bath, according to the nature of their complaint, is ordered; an early dinner follows, consisting of fish, joints, and vegetables, with the usual entremets of foreign custom—vinegar and oils included. No drink is permitted but water, nor is the quantity limited. This watery diet greatly provokes the appetite, and the tables are soon cleared. From Mr. Claridge's description, the guests of Mr. Priessnitz rival the gourmands of our city feasts; and the worthy doctor imposes no restraint upon his patients' capacities. The afternoon is occupied by some kind of local or general bath, or by exercise, such as walking, sawing wood, digging, &c.

The patients retire early to rest, sleeping either in wet bandages or sheets, as the case may be; it is stated that some of the visitors at Gräfenberg consume from twenty to thirty glasses of cold water in the day, which, at a moderate calculation, must amount to one or two gallons per diem, nearly double the quantity of liquids swallowed by a London coal porter. The blanket bath facilitates the transudation of the water consumed, and is a favourite part of the regime of Mr. Priessnitz, although, it is said, by no means adopted in every instance. The sweating is

occasioned by tightly enveloping the patient, mummy fashion, in a blanket, placing him, I suppose, on a mattrass, covering him with a light feather bed, or two, if one be insufficient, or several blankets, over which a sheet and counterpane are thrown. In this state the invalid is kept for one or two hours, or a longer time if necessary, when perspiration commences ; this is kept up, according to circumstances, for a while, generally determined by the perspiration oozing from the face ; the patient is then released from his confinement, and carried or led, the only covering being the blanket, to the cold-bath, previously to entering which the face, head, and upper part of the body are gently bathed, when a general immersion in the bath is insisted on ; this lasts from two to eight minutes ; the process is then completed, and the patient dresses and retires. Thirst that occurs during sweating is allayed by drinking cold water, which is allowed to be taken in any requisite quantity. The sweating process is repeated every, every other, or every third day, according to the judgment of the prescriber. The organs of circulation and respiration are said not to be excited by these proceedings, but a feeling of gentle repose succeeds, and one of invigoration and refreshment after the cold bath.



In the treatment of local injuries two kinds of cold applications are resorted to; one formed of cloths simply wrung out in cold water and placed over the part and kept cool and wet; the other preventing evaporation by means of dry cloths laid over the damp ones. Mr. Priessnitz attaches much importance to his own climate; he is a great advocate for fresh air and exercise, and therefore encourages among his numerous visitors promenading, dancing, gardening, &c., taking care to exclude all pursuits that agitate the passions, particularly gaming, so rife at all watering places.

Among the list of complaints and disturbances that yield to, or are cured by, Mr. Priessnitz, the following are especially named;—Asthma and Pleurisy, Intermittent Fever, Measles, Scarlatina, Small Pox, Nervous Fever, Rheumatism, Scrofula, Hernia, Complaints of the Throat, Gout, Ringworm, Syphilis, Tic Douloureux, Tumours in the Glands, Swellings (?) of the Heart, Liver, and all effects of mercury.

It is contended that the exudation from the skin of persons who have taken mercury betrays its character by the odour, similar to that observed in the breath of a person under salivation.

This water practice has many converts; and esta-



blishments similar to those of Mr. Priessnitz have sprung up, and are still increasing, in various parts of Austria, Germany, and even in Paris. From the simplicity and plausibility of the practice, much encouragement is given to the system by invalids, and Gräfenberg abounds during the season (which, by the bye, lasts nearly throughout the year, even winter having its share), with the youthful and delicate, and the aged and exhausted, in search of health and longevity.

Mr. Claridge's report is a great card, and will doubtlessly help to fill the exchequer of the poor cottagers who reside and furnish accommodation on the mountain of Gräfenberg. The boon in expectation, by a trip which can be accomplished in ten days, at the cost only of as many pounds, of sound limbs and invigorated constitutions, in exchange for the youthful crutch, or the old man's staff, is too great to be resisted; and if it be to be had for the cost and time demanded, the profession will really have to hide their diminished heads, and the public rejoice at having escaped the bitter things of the Pharmacopolist.

So much for Mr. Priessnitz. Now the purport of troubling my worthy neighbours with this Pamphlet may be thus given: not to attempt to invalidate

Mr. Claridge's statements, or make merry with his book, which is ingenuous and disinterested, and but for his tirade against doctors and drugs, would be even welcomed by the profession, and for which perhaps the enthusiasm of a cured man should plead the best excuse, but to investigate how far the theory is consistent with notions that regulate the medical practice and regime of nearly all the world but Gräfenberg.

The title-page heralds forth that I am one of the reviled—a medical man—one of those who have all their lives been on a wrong scent, and have unhappily prescribed at different times sundry decoctions and tinctures, salines and minerals, powders and pills, to no purpose ; my patients, such as *have* got well, having recovered despite the artillery of physic levelled against them, or those who may unhappily have taken their departure after a well-spent and tired life, yet whose stay may have been abridged by my injudicious countenance of physic.

It is hardly worth while (my occupation being nearly gone, thanks to the modern Acis) to give a detail of one's age, standing, and education, but it may be known to a few that, independently of laying myself out to talk with the weary and afflicted over their aches and "rheumatics" and other trou-

bles, and having been engaged in that sort of pursuit for upwards (by the time this brochure will be printed) of twenty years, I am largely interested in the success of an establishment yclept “The City Bathing-Rooms,” (formerly the Lothbury), where water—simple water, as simple and pure as London can afford, forms the chief article of consumption, and that I differ from Mr. Priessnitz principally in terms—my material being, served up *hot* instead of *cold*. It will be at once apparent that I am justified, as Major A——— advises,\* in endeavouring to defend my own property, and which is highly necessary when baths (as well as physic) all above the temperature of freezing point, are denounced as villainous pests to humanity.

There is a school-boy's motto, “*Palmam qui meruit ferat*,” applicable to my purpose. I desire to put the mantle on the right shoulder; I therefore propose to attempt to prove that Mr. Priessnitz is not the original genius his patron or patient would have him be considered; that cold bathing and cold water drinking are practices coeval with—say at once—the origin of the world, but more especially have been employed medicinally, as well as salutarily, as

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\* Short Whist.

far back as records exist to tell of the doings of mankind. I am ready to admit the immense advantages of cold water drinking and ablution, and will do so in the following pages to an extent that must be congratulatory to the veriest tee-totaller of the three kingdoms ; but I will be equally mindful of its mischievous tendency (when indiscriminately adopted), so as to draw tears of delight from the happy *bons vivans* of our city corporations. I will also make a confession that although a staunch and convinced advocate of the wonderful powers and properties of warm and medicated bathing, I even (and not only now and then, but very frequently) prescribe the cold *plunge*, the cold *douche*, the cold *shower*, and the cold *Sitz*, the cold *Fusz*, and the cold *Kopf* bath, in preference to those that are given at my rooms, and am ready to bear testimony to their several usefulness.

The chief bone of contention which I shall flourish against Mr. Priessnitz is at his advocacy of the cold beverage. Desirous as I may be to see the revenue flourish, I would rather the excise armament be disbanded than encourage the consumption of spirits, wines, &c., merely for the purpose of enabling a man to "put an enemy into his mouth to steal away his brains." I contend that all things were given us



for our use : if we abuse them, the fault lies at our own door, and not in the grape or the barley. I will, moreover, attempt to show, not only the uselessness, but the danger of such extremes as our Austrian friend recommends. I will bring forward the generally received opinions of living and defunct authorities, who are or have been considered rightly qualified to examine into these matters, and to pronounce thereupon.

I should be guilty of gross dereliction of respect to the bridge that has carried myself and others safe over, were I to omit venturing my opinion of the never-to-be-sufficiently extolled efficacy of the warm and medicated bathing of this and all countries, except that of the little locality of Gräfenberg.

Mr. Priessnitz certainly is right in attaching great importance to the taking of moderate or proportionate exercise, nor is out of the way in insisting upon the salutariness of fresh air. It seems, also, not unreasonable that the causes to which we trace our diseases should be abandoned—a quiet life at Gräfenberg promises all these, and if an observance of early hours to bed and early rising in the morning be followed, together with an abstraction from all mental cares, a temperate mode of eating and drinking, with a careful selection of what best agrees with



one, with green fields and hills to ramble out and pleasant society to mix with, if these desiderata can be obtained, the invalid must indeed be obstinate who, possessing their advantages at Gräfenberg or Gravesend, will not get well.

These points I propose seriatim to introduce, and accordingly reserve the commencement for a new heading.

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#### ON COLD BATHING.

There need be no dispute as to its antiquity as a custom for the purposes of cleanliness or recreation—as forming part even of a religious ceremony, or as a means of repairing ill health. Every country has its annals of the usefulness or healthfulness of bathing. Even where warm baths have grown up with the luxuries and necessities of the world, the cold bath has always been an appendage. The Romans had affixed to their hot bath a cold bath, wherein to plunge after sweating, and which was practised without danger or inconvenience, but with most extraordinary benefit. Indeed it formed an especial feature in the cure of diseases. The subjection of the body to alternations of hot and cold is

fearlessly practised in many countries, and is held to be conducive to the preservation and strengthening of health. In Muscovy the bathers come naked out of their hot stoves, and plunge into cold water or have it poured over them ; and in winter time they break the ice to indulge in the former practice. That a similar system prevails in St. Petersburg is too proverbial to need details. As constituting a religious ceremony do we trace cold bathing from the beginning of Christianity in the form of baptism, which consisted of plunging the convert into a pond or river. The immersion is discontinued except by a particular sect, and sprinkling at the font substituted. It, however, doubtlessly had its origin from a notion that it imparted health and encouraged cleanliness. The early fathers considered it an essential preparation for devotion, as temporising and yet invigorating the mind and body for religious exercise ; while the philosophers of that time were sagacious enough to perceive that it had a powerful tendency to preserve health. The Egyptian priests washed themselves in cold water three times in a day upon important sacrifices, and hence, independently of adopting the custom daily in their ordinary life, the extraordinary longevity of these people.

Homer mentions the purifying of the Atrides in the sea, and that Circe was found by Jason's companions washing her head in cold water, to help her night-dreams and her prophetic ecstasies. Horace was a cold bather, and tells us, that in his time it was the remedy for gout, palsy, and tumours. That it has been employed extensively, and for a remote period, for the cure of diseases is attested by our oldest authors. Hippocrates and Galen advocated the practice in their writings. The first author referred to recommended cold bathing especially in hypochondriacal cases, which he describes to be marked by windy pain in the stomach, headache, pricking sensations in the limbs, weakness, feebleness, flushing of the face, &c: He advises exercise, travels, purges and vomits frequently, and a *cold bath daily in the summer*. His theory of the properties of the cold bath was that it heated the body by stopping the pores of the skin, and that warm baths cooled the body by opening them, and by the consequent evaporation. Take up whatever work one may relating to Hygienic discipline, high eluogiums will be found upon the healthfulness and invigorating properties of cold bathing.

We are instinctively led to desire the cooling and refreshing employment of cold water, either par-

tially or generally, when heated by exercise or sultry weather; nor are we alone in this particular. Domestic and wild animals have the same feeling; and instinct rarely misleads as to what is useful and good. Who can affix the origin of cold sea bathing? and how popular is the notion of its universal applicability. Again, cold water has from time immemorial been used locally to assuage the sundry aches and pains of humanity. In the legitimate paths of medical practice, it has been served up in the forms of lotions and fomentations, but disguised only to suit the prejudices of the times. With the subsidence of these notions, surgeons have simplified their employment of it, and cold water applications alone are used as dressings to wounds, abscesses, and other external inflammations.

In all amputations and other operations at our hospitals, cold water dressings are the only means employed. It is the panacea for bruises, sprains swellings, and local weaknesses. Every Lady Bountiful recommends cold water pledgets for the headache, and all our public pumps serve as douche baths to the poor. A Dr. Currie, of Liverpool, many years ago practised cold water-bathing for the cure of fever; and he recommended cold ablution over the whole body, and at a time when the fever



fit (the hot stage) most prevailed. This treatment was remarkably successful.

It is also a common formula, under certain circumstances, to pour cold water over the head while the rest of the body is immersed in a warm bath. And it is no less frequent for London vapour bathers to conclude their purification by a cold shower-bath, even whilst the perspiration is pouring from them. I have never seen mischief produced by these extremes, because the parties were suited to the endurance; but I should be sorry to advise them indiscriminately. Though our metropolis is the least furnished of any almost in the world with public baths, especially cold, yet that the practice of cold bathing is still appreciated, witness the immense manufacture and sale of shower-baths. Scarcely a street but has its whitesmith, and the shower-bath is as emblematical of his calling as the apothecary's red or blue bottle is of its owner's occupation. It must, therefore, be admitted that cold bathing is of great antiquity, of extensive application, and, though sobered down by judicious adoption, is fairly estimated, although perhaps not to such an extent as to meet the extravagant recommendation of Mr. Priessnitz. It is true, cold bathing at Gräfenberg forms only part of the treatment: the grand panacea



is cold water-drinking ; and of that the *pros* and *cons* will be given hereafter. The present object is to prove that cold bathing is already understood in this country, that it constitutes an important therapeutic agent, and that, like many other useful customs which circumstances often for a while partially subdue, change, or forbid, it has, notwithstanding, whenever available, been taken advantage of. The views of Mr. Priessnitz were anticipated long before that gentleman was born or dreamt of ; and in attestation thereof, a brief account of cold water application in the olden time may be given, when it is suspected that the contrast will be found to be only between the judicious and the indiscriminate employment of the element in question.

Galen, in his third book on the preservation of health, thus comments on cold bathing : “ It is proper for persons in perfect health, to thicken the skin and make it insensible to cold air : ’tis proper for fleshy persons, for the temperate, and those who use due exercise. The chief use of it is in the summer time, and we must accustom ourselves to it by degrees. The benefits the healthful will receive by it, are increase of the appetite, the quenching of thirst, the strengthening of the digestion, and the rendering of the limbs strong, muscular, and lively ; and it also

renders the skin insensible to all the changes of weather, and the whole habit of the body becomes more compact, and fitter for exercise." On the contrary, he believes cold baths injurious to very thin habits, growing bodies under twenty, and very cold constitutions, to those who live intemperately and use no exercise, and to be dangerous after excesses.

Locke on education, advises the feet of delicate and sickly children to be bathed in cold water every night and morning ; and he adds, "there is no reason why we should not accustom those parts of our bodies to cold ablutions as well as our face and hands." The better time to practise cold bathing is in the morning or evening, when the body is least encumbered with the perspirable fluid, when the exudation has ceased, and either before or not too soon after a meal : hence before breakfast, and after the digestion of the dinner is completed.

Sir John Floyer published a work on cold bathing so long ago as 1701. He practised at that period as a physician, and he was a great advocate for the cold bath. He considered it of universal service in most chronic complaints. He entertained no outrageous belief that it would cure all disorders, and he gave his professional brethren credit—even those who differed from him—for the same honest

intentions as himself. He was persuaded from experience, and from a coincidence of opinion with other medical men, of whose letters his book contains many, that cold local applications, cold general immersion, and cold spring, river, and sea-bathing, were exceedingly useful in cases of rheumatism, gout, weak limbs, general enfeebled health, with all its train of nervousness and melancholy, approaching to insanity, and extending to raving madness; to delicate persons, to low cases of fever, head aches, back aches, to ague, to painful swellings, rickets, &c., and every form of local debility. He expended a considerable sum in turning a spring on his estate to the purposes of a bath for the use of the poor. He recommended the bath once or twice daily, occasionally oftener, but more frequently less so, and enjoined with its employment, exercise, temperance, light clothing, and fresh air. His work, a quaint one, is free from what at that time would be denominated empiricism. He thus gives his cautions before bathing:—

To *bleed* ! and purge, and use such proper diet and medicines, both before and after bathing, as a rational physician knows to be suitable to the disease and constitution of the patient.

Not to bathe when hot and sweating but cool; not

to stay in the bath more than two or three minutes ; and to go in and out immediately on the first bathing, after an immersion of the whole body.

To use the cold bath before dinner, fasting, or else in the afternoon, towards four or five o'clock ; it is dangerous to go in after great eating and drinking. Continue to bathe at least two or three times a week.

He was by no means prejudiced in favour of his own establishment ; for he adds—

Cold bathing is more beneficial in the “ open sea,” rivers, and springs, than in the same waters under covered buildings, which latter generally collect damp, and contain a foggy exhalation injurious alike to breathe and to bear.

His book abounds with cases, some of which were certainly as surprising as those narrated in Mr. Clarridge's book, but not requiring such a stretch of belief, from the rationality of the treatment submitted to. Simplicity of treatment consists only in what is known to be harmless, if not useful ; and it is difficult to repress wonder, and probably disbelief, at reading of a man being held down by three or four and kept in a cold bath for nine hours and a half continuously ; a statement given as having occurred to one of Mr. Priessnitz's patients. Wonder at how any one could endure such an imprisonment, and disbelief at the given result : namely, that he was



thereby cured of a raging delirium, and the following day able to walk about unattended.

In local debility, cold bathing is certainly of the utmost importance. One of the correspondents of Sir John Floyer thus relates a case wherein a cure was effected by cold water bathing and with very little help from other means. His patient was about thirty years of age: he was suffering much remorse from his excesses, and shunned the society of his companions. The writer ordered his patient to retire to the country and find out some very *cold spring* or *river*, where he should first plunge in over head, come out, and then put on his apparel. To sit up to to the waist, as long as he could comfortably endure it, night and morning; to drink nothing but new milk and water for breakfast for a month; at noon to partake of well-roasted mutton, and drink nothing but spring water; and at night to apply bandages wetted with cold water, covering them: which directions he punctually followed, and in less than fourteen days he was as well as ever he was in his life.

What family whose means have enabled them to trip, during the fine season, as far as any of our coast-side watering-places, and who have availed themselves of the sea dip, but will bear testimony, in a general way, to the benefit derived therefrom.



To sum up as shortly as possible :—the following may be received as truisms :—Cold bathing is “as old as the hills ;” that it is a most useful means of preserving, invigorating, and repairing health—that it must not be indiscriminately resorted to—that it is not good in all complaints, and most hurtful to many—that many, by constitution, age, and sex, can not endure the shock—that, on the other hand, the weak and sickly oftentimes derive the greatest benefit from it—that the kind of bath and frequency of its employment are matters of great moment ; and that it is fair to presume that as the propriety of bathing comes within the province of the medical man, he should as much be consulted thereon as he should on the administration of a dose of calomel or opium. The injudicious application of any of the three may entail the same serious consequences. In thus far advocating the uses of the cold bath, under proper restrictions, having been myself interested in bathing for many years, and having during that period put forth several publications on the subject, I may give, as the substance of my experience, the following remarks.

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**DIRECTIONS FOR COLD BATHING.**

It is popularly believed that previously to cold bathing some preparations are necessary, such as taking a dose or two of physic, and thereby unloading the system—and taking one or two warm baths, thereby loosening the skin. There can be no objection to this, although it be not in every case necessary. Where the person is very plethoric or of a full habit of body, it is advisable, and there is less fear from the shock received upon cold immersion : but in ordinary instances, a cold bath may be fearlessly taken, observing the simple precaution of washing the head and face previously to the jump in.

It is better to effect the general immersion at once than to creep in feet first by degrees. Very heavy and corpulent persons would suffer some inconvenience from “throwing a somerset,” but the body may be suffered to fall horizontally; the natural weight occasions a descent of a few feet, but the body re-ascends immediately, and invariably head upwards, owing to the buoyancy of the chest, which may be increased by previously inflating the lungs. The sensations on regaining the perpendicular are very curious; the breathing is hurried, short, and in

gasps ; but the instant the body is put in action, either by swimming or walking, an agreeable glow is felt, and if any fears or objections had been entertained, the bather will be surprised at his unnecessary hesitation : such apprehensions are ridiculed by swimmers, and it behoves every one to learn that practice while young. Courage, confidence, and the attempt are better instructors than corks or life-preservers ; a fearless strike out, arms and legs at the same time, observing the frog for a model, taking breath at the right place, namely, when the head and chest are raised by the battening down of the water—by keeping the hands and arms covered, will astonish the bather how easy it is to swim. The Romans held it an equal disgrace to be ignorant of swimming and reading. Persons who bathe for recreation are enabled to remain longer in the water than those who bathe for salutary purposes, from being more accustomed to it and being generally in sounder health, using exercise, &c., but it is at all times unwise to remain in the water too long—cramps, spasms, and congestions often result from this temerity. The invalid who takes the cold bath, whether in the sea, river, or pool, should merely throw himself in and come out immediately, and dress as quickly as possible, and then walk to keep up the

glow induced. The exercise should not be persisted in to induce fatigue. Invalids may bathe daily or on alternate days, being guided, as in all things, by their own feelings. Cold bathing never does any good where chills, headaches, and lassitude are induced ; the best time for invalids to bathe is in the morning, either before breakfast or an hour or two after.

The fatigue of early rising, the coldness of the morning, and the want of the necessary first meal, renders the body less able to sustain the shock of the bath, that when the sun is up and the body refreshed and warmed, as it is about ten or eleven o'clock in the day. Persons, however, who go to the sea-side, are supported by numerous excitements, and retiring early to rest are enabled to rise early in the morning, and are induced to bathe the first thing in order to make a long day. It is well to take it leisurely, and no bad precaution to drink previously to starting a hot cup of tea or coffee.

Invalids will experience great benefits from a season's perseverance in cold bathing ; but it requires precaution, and should be regulated by the circumstances. The cold bath is often found objectionable at first, especially to young and elderly persons : the immersion may be gradually adopted, commencing with the tepid baths, and so on, arriving by degrees



at the cold. Washing the body by portions is a good initiatory process. It is false economy to dispense with the doctor's advice. Some persons bathe daily throughout the year—*chacun à son gout* : it certainly is imposing a great labour; and there may exist this objection, that the same tone cannot be imparted as at proper seasons; the shock in winter must be terrific, and that in summer inert : nor have I found such persons always the hardiest or most free from the ordinary illnesses of life. There are many who despise wearing a great coat or carrying an umbrella : it often turns out rash hardihood. The diseases in which I have found cold bathing most useful, accompanied by proper regimen and other treatment, have been cases of weakened health, chronic dyspepsia, debility after fever, rheumatism, &c.,—infantile diseases, chronic or long-standing local affections,—irregular female health, and all those disturbances to which married or single female life is subject—fading health without obvious cause—enfeebled health from hard study, great anxiety, town excesses, and the like. Nothing, in fact, so greatly tends to rally a depressed, overworked, and anxious fellow-creature as rest, country recreation, and cold bathing. Cold sea-bathing, notwithstanding its many advantages, is out of the reach of thousands upon thousands, and

doubtlessly not a few in whose hands this pamphlet may fall; and they may shrug up their shoulders and ejaculate, What are we to do? Notwithstanding I am ready to yield the supremacy to the "open sea," and its tributaries, "the running streams and noble Thames," I will wager that the advantages of home bathing will be but little inferior to those I have been so disinterestedly extolling, "barring" the benefits from the fresh air and the indolent ease of a man of pleasure. In London the experiment has been tried of introducing large tepid swimming baths: they are very well in their way, and a boon to the unwashed; but they are unsuitable to the purposes of health, privacy, or enjoyment. A bath, to do good, should be either hot or cold, I mean medically; and I know from experience there is less fear of taking cold from the cold plunge or the warm lounge, than puddling in water with merely the chill off. In that simple machine, the shower-bath, which, to award proper homage, should be styled "The Temple of Health," we command all the medical assistance which we derive from the sandy shore or the marbled pool; the fatigue of arriving at it, the double dressing, and the one extreme shock to be encountered from home, can be spared, and nearly all the purposes of cold bathing,

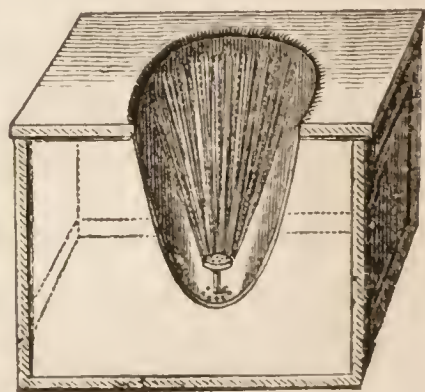
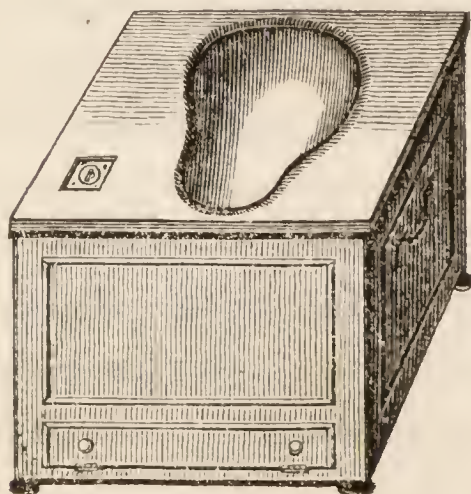
or at least the best substitute, can be had in our own bedchamber, by means of the shower-bath; the force and quantity of “the deluge” is under complete controul—the finest sprinkling, the gentlest rain, or the most expansive waterfall can be commanded at will, and simply by the aid of a watering-pot rose that accompanies the machine. Shower baths may be had at all prices, but, as the old maxim goes, the cheapest is not always the best; the purchaser should secure an article that will last him his life, and consequently not be sparing of an extra pound or two in his outlay. *A shower bath should be an article of furniture in every family.* Its usefulness may be gathered from the preceding observations.

Where cold bathing is suitable, the shower bath is the best substitute: it will be found important to the delicate and feeble, in restoring to health and strength, and to the robust and healthy as tending to preserve it. As a refresher it is highly so; and for personal cleanliness, where warm baths cannot be had, it is indispensable.

The shower-baths, of which we have a variety at my own establishment, are upon a large scale: for the information of those to whom it may be convenient to use them, the terms are affixed in the advertisement of the last page.

I now have to speak of local cold bathing : and in so doing, have some gratification in introducing to the public an apparatus of my own suggestion ; it is called the *douche bidet*.

A view of the subjoined wood-cuts will explain its purposes and intentions. The first diagram shews the apparatus ready for use. The bather is to be seated thereon ; a towel wrapped round the person to prevent the water splashing when the pump is in action. The bidet may be supplied with hot, cold, or medicated water. The pump is to be gently worked, and the effects are immediate. The second diagram explains the direction and character of the shower. The latter may be modified in a variety of ways : either to command the ordinary *douche*—a diffused shower as gentle as rain—or with any necessary force.





There is something ungracious in selecting an individual and puffing him, *nolens volens*, as the only or the best maker of an article a writer may advocate, but at the same time every one has his own tailor, hatter, lawyer or doctor, to whom he is in duty bound, if he be well treated, to speak well of; and upon that principle I may observe, that the shower-bath I have in family use was supplied me by Mr. Evans, of London Bridge; it answers all the purposes required, both as to durability and excellence. To those who discountenance partiality, the Directory contains the addresses of numerous other manufacturers. The Douche Bidet is also manufactured (solely) by that gentleman, and may be seen at his warerooms, as above, where every kind of Bath is on sale, or at my establishment in Broad Street. The price of the Douche Bidet varies from 2*l.* 10*s.* to *five guineas*.



The Douche Bidet may also be fancifully manufactured, if required; to form at times, when not in use, the purposes of an easy chair; and at no time will it be an unsightly article of furniture.

To residents in warm climates, it will be invaluable. Corpulent people will at once perceive its usefulness: For its medical influence, a few more observations are necessary.

It is well known that the pelvic organs of both sexes are more liable to derangements than almost any other portions of the human body; the variety of rectal and urethral disorders would appal a nervous man, even upon enumeration. In cases of local infirmity the application of heat or cold forms a prominent feature in medical treatment. In hæmorrhoids, affections of the bladder, uterine relaxation, and all attendant disappointments; in spasmodic, painful and inflammatory attacks of the perineum, loins, lower part of the abdomen, &c., this apparatus will supplant the use of lotions, cataplasms, and applications of every degree; as a means of refreshment and for purposes of cleanliness, it is indispensable. From the delicacy and inoffensive nature of its employment it encourages habits that, perhaps, are more neglected by English people than any others in civilized life, and they are (of course there are

exceptions, and it is to be hoped that present company are included) general bodily cleanliness. It is, I am aware, a question more safely printed than orally put, if we expect to keep our hat on, but we will fancy it thrown out haphazard; “Do you ever bathe all over?” how many will if they speak the truth, say “*Never.*” Faugh! An Englishman prides himself upon clean *hands*, well pared *nails*, well washed *face*, and well combed hair, but how few wear a clean shirt every day, fewer clean socks; and how very very few can bear stripping. What is it—economy or indolence? Let us hope it is want of thought or reflection. I *have* heard of some wearing the same flannel waistcoat, and even drawers, unwashed all the year round, and who pleaded fear of taking cold from changing their apparel too often. The *douche bidet* should be in every bedchamber, and should be in requisition *daily*, without a single omission. Many inconveniences of old age, and many premature infirmities of youth, might thereby be altogether avoided.

The Turks make it part of their religion to *wash* after every alvine relief, and consequently piles or hæmorrhoids are unknown among them.

Now with regard to other kinds of local cold bathing:—Many people suffer from cold feet, corns,



and many have gout, and are, as it is called, "weak in their pins." There is a very prudent prejudice against getting wet in the feet, and sitting in damp clothes (such apprehensions are, however, ridiculed by Mr. Priessnitz!); but the objection extends also to washing the feet from the same fear, which is groundless. An occasional soak, and a wrap up in flannel is all we hear about it. I had a grandfather who lived to upwards of eighty, and always enjoyed good health, which he attributed to a practice he adopted throughout life of washing his feet in cold water every morning. I warrant every one who ventures on the experiment will be induced to continue it, from the refreshment and comfort it will impart. Many will reply, such '*fiddle faddling*' takes up too much time. True, it will make a sacrifice of five minutes out of the 1440 in the twenty-four hours. Those who start such an objection do not deserve the great good in store. The feet should be thrust into a foot pan, and be moved about, or be rubbed with the hands for a minute or two, and be wiped dry. The process will be succeeded by a most agreeable sensation, and the feet will remain warm all day, after the practice has been persisted in for some time. The same ablution at night will secure similar advantages. The washing of the legs,

easily done at the same time, is recommended ; and the bather will soon be sensible of its usefulness. The bidet should conclude the ceremony of bathing. I am persuaded, irksome as all this washing may appear, that much of the susceptibility to take cold on common occasions will be lost, that much strength may be acquired, and many annoyances avoided. In coldness of the extremities, the circulation is necessarily retarded, and consequently oppressed and obstructed in the warmer and inner organs of the body.

It is among nurses' directions to put the feet in warm water on going to bed, or to be provided with feet-warmers in cases of cold or damp feet. Either certainly affords the desired relief ; but it is better to provoke natural than apply artificial warmth. The cold will be sure to produce the desired effect, aided by exercise or friction after a few trials ; and it will help to render the circulation more permanently active than the warm bath or foot-warmer, which makes the feet delicate and tender.

Bathing the feet in cold water, with friction, is the best remedy for that disagreeable condition called damp feet. Having considered the propriety, the when and how cold baths or cold water should be applied to the body generally, the legs, feet, &c.,

locally, there remains to be considered a most important part of organization—the head—“the mansion of the mind.” There is an old apophthegm in medical ethics, to keep the feet warm and the head cool. Its observance is most essential in illness, and especially in affections of the mind. Hence the usefulness of cold bathing in all mental complaints. From times of rudeness and barbarity to the present, of greater refinement than perhaps ever existed, cold to the head has been held of the greatest necessity where the wits wander. From simple fever to confirmed insanity, cold applications to the head are always resorted to, and are always more or less effectual. Ice, refrigerating lotions, streams of cold water from pumps, or kettle spouts, damp cloths, and shorn scalps, are in requisition.

The only novelty, therefore, in Mr. Priessnitz's *kopf* bath consists in its application. The bather is directed to recline in bed, or on a sofa, or mattress, and to repose his head, first this side, then the other, and then the occipital, or hind part, in a pan of cold water, and to remain therein for ten or fifteen minutes. This is to be repeated at several intervals during the day. All these purposes may be answered by the means in English use; but to rely on any one of these measures alone, in those direful conditions

where the patient is supposed to be unable to regulate his own actions, is opposed to the experience of the least observant. It is a subject so necessarily medical, that further allusion to it will destroy the intention of these pages, which is merely to give a popular and understandable view of the advantages, errors, and absurdities of Hydropathy. It is at once admitted, that cold applied to the head is serviceable; but the idea had its origin with the elements of physic, and is known to every practising medical man in the world. Cold to the head, in simple and occasional headache, or ophthalmic complaints, should only be applied with caution, and under efficient advice. If too long continued, it greatly extends the mischief, by producing external depression and internal increased congestion, that forbids reaction; and frequently the pain is much aggravated, and we hear of insensibility being produced. Also frequently, instead of the head being cooler, it will become not only much hotter to the observer, but unbearable to the patient, from the local irritation induced, the only reaction taking place being in the skin or scalp.

To conclude the subject on the use of cold water externally, and to verify the old adage of there being nothing new under the sun, the following hints on the



outward and inward use of this necessary element, should convince Mr. Priessnitz that he has found a mare's nest, if he thought or thinks he suggested a novelty in this eighteenth century. Our grandpapa tells us:—\* “To prevent apoplexy, use the cold bath.

“To stop bleeding at the nose, apply to the neck and on each side of it, a cloth dipt in cold water.

“For a Burn or Scald.—Plunge the part in cold water, keep it there an hour or more; or else apply cloths dipped in cold water, changing them for others when they grow warm.

“For a Cold.—Drink a pint of cold water, lying down in bed.

“Ditto for the Cholic.

“To prevent the ill effects of Cold.—The moment a person gets home, with his hands or feet quite chilled, let him put them in a vessel of water as cold as can be got, and hold them there till they begin to glow; this they will do in a minute or two.

“This method likewise effectually cures and prevents Chilblains.

“To prevent Corns.—Wash the feet often in cold water.

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\* John Wesley, on Primitive Physic, published in 1768, seventy-four years ago.

“ For a Cough.—Drink a pint of cold water lying down in bed, and for an inveterate one, wash the head in cold water every morning, or use the cold bath; it seldom fails.

“ For Deafness.—Use the cold bath. The Dropsy, —Ditto.

“ Ear-ache, Chronic Head-ache, Blood-shot Eyes, Dysentery.—Use the cold bath, and drink plentifully from the spring.

“ Hiccup.—Swallow a mouthful of cold water, stopping the nose and ears.

“ Menses Nimii.—Drink nothing but cold water at the particular period, and apply cloths dipped in cold water, or put the feet in cold water.

“ The Palsy.—Cold bathing, rubbing, and sweating.

“ Palpitation of the Heart.—Drink cold water.

“ Flatulence.—Ditto.

“ The Piles, to prevent.—Wash the parts often with cold water.

“ An easy Purgative.—Drink a pint of *warmish* water fasting, and walk after it.

“ Rheumatism.—Cold bath, with rubbing and sweating.

“ The Rickets, to prevent or cure.—Wash the child every morning in cold water.

“ The Shingles.—Drink sea water, and bathe with ditto.

“ Sore Throat.—Drink a pint of cold water, lying down in bed.

“ Sprains.—Bathe with cold water. Apply rags dipped therein, and keep them on the parts for several hours.

“ The best vomit is warm water, the best tonic, cold.

“ Strangury.—Cold Bath.

“ Swelled glands in the neck.—Take sea water every other day.

“ To prevent tooth ache, and to clean teeth.—Wash the mouth with cold water every day.

“ Extreme Thirst.—Drink spring water. (Prodigious !)

“ Torpor or Numbness of the Limbs. — Cold bathing, with rubbing or sweating.

“ Vertigo, or Giddiness.—Cold bathing daily.

“ Sleeplessness.—Bathe the head in cold water, also the feet.

“ Ulcers on the Leg.—Cold water constantly applied.

“ Urinary Disorders.—Drink cold water and use the cold bath.

“ Weakness in the ankles.—Hold them in cold water night and morning for a quarter of an hour.

“ Female Weakness.—Cold bath, locally and generally.”

Lastly, our friend John extols the efficacy of cold water in curing Asthma, Agues, Atrophy, Blindness, Cancer, Consumptions, Dropsy, Inflammation, Leprosy, Loss of Appetite, Smell, Speech, Taste, Hydrophobia, Rheumatism, and Gout, and about sixty others.

He also advocates sweating after the bath.

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#### **MR. PRIESSNITZ'S SWEATING BATH.**

It has been stated that the mode of inducing perspiration, by Mr. Priessnitz, is by causing the patient to be wrapped closely in a blanket, and covered with feather beds or thick clothing, counterpanes, rugs, &c., and to be supplied plentifully with cold water to drink. Mr. Priessnitz considers this mode preferable to any other, as producing less exhaustion and creating less organic action than by the warm or vapour bath. These are desiderata, and, to a certain extent, may be true; the process of Mr. Priessnitz occupies from one to two hours; profuse perspiration is occasioned by the vapour bath in twelve or fifteen minutes. Were the same time allotted to the bath, with diminished heat, as to the blankets, the perspiration would be as mild and as unirritating, but this organic action, produced by warm or vapour bathing, is always under control, and need not be



excited so hurriedly or so severely ; besides, the two purposes for which sweating is required, are not altogether alike. Mr. Priessnitz desires to induce perspiration and excitation, (for the *two evils* go hand in hand), and then to check the same by cold immersion, to create afterwards a re-action, and thereby bring the skin into a continued state of exudation, which is kept up by the quantity of water consumed.

The object of the vapour bath is to effect the cure *per se*, and evidences might be multiplied that it does so, to swamp Mr. Priessnitz's practice in oblivion. The merciless charge of Mr. Claridge against the profession, that their motives are as sordid as their ignorance is obstinate, is too contemptible to waste time in refuting. This benevolent writer, to whom my worst wish is, that he may never need the aid of the physician, will, I fear, not escape the common lot of suffering existence, and although, from past experience, he cannot afford the profession a good word, I have my belief, when the evil day arrives, he will not trust to his own hobby for preservation. Few men take their own physic.

Talking of the rheumatic, asthmatic, and all other *tics* yielding to hydropathic treatment in two, three, or four months, visit but the repository of crutches

(shades of the once gouty and limp)! of old Mr. Mahomed, of Brighton, at his shampooing bath establishment, and there are the mementos of similar cures produced in as many days; nor are much fewer evidences to be found of similar successful cases at the rooms of your humble servant.

Mr. Priessnitz's method of sweating, either by the wet sheet or dry blanket, is as novel as his advocacy of the cold bath.

It is a well known fact to every sportsman, that the jockies of old used to diminish their weight by putting on a wet shirt and rolling themselves afterwards in thick blankets, and remaining therein until several pounds were lost by perspiration.

Every nurse or traveller knows the value of a "turn in" between the blankets after a drink of cold water, to produce perspiration, and thereby to cure a cold; and every married man knows the value of his wife's flannel under-garment, alias petticoat, around his head into the bargain.

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#### COLD WATER DRINKING.

It may be contended by reviewing the component parts of Mr. Priessnitz's system seriatim, that it is hardly fair dealing; for the efficacy of his treatment depends on the combination of cold bathing, sweat-

ing, cold water drinking, fresh air, and exercise. It is a judicious loop-hole, something upon the principle of a man shooting at a sparrow, who loads his gun with many pellets, calculating that the greater the number the greater the probability that one may hit; the best marksman is he who relies upon his own tried aim: and, true it is, he who shoots at random, and trusts to the chances for his success, often takes the credit that should be awarded as much to the obstinate bird who gets in his way as to his own skill. So it is often, I apprehend, with the Gräfenberg patients—they will get well despite the good services of the mountain professor.

Mr. Priessnitz's treatment is held up as the perfection of simplicity: each remedy should then bear analyzation; and if one be found unsalutary it should be well spared.

"Too many lovers," they say, "will puzzle a maid;" too many items in a prescription produce a similar chaos in the stomach of the invalid, and the most successful physicians of the day are those whose treatment is the least complicated.

Mr. Priessnitz thus details the property of cold water:—

"Whilst cold water serves as a drink, it also dilutes, dissolves, and evacuates. Cold bathing irritates the

surface by the re-action it provokes ; the effect of the cold shock is to constrict the surfacial vessels ; if the blood be not driven back, its advance is checked. Upon the cessation of the cold affusion, a re-action takes place ; the blood-vessels fill and bring with them an increase of animal heat ; the process of exhalation is excited, and thereby a portion of the animal fluid is given off. The repetition of these cold applications renews a similar result : the inference is, that the circulation in process of time becomes drained of its impurities, taking it for granted that healthful food and mild drinks supply the place of the blood lost.

Mr. Priessnitz supposes that in the continued perspirations and reactions thus excited, many impurities of the blood are driven towards the skin, and that those which cannot escape, occasion surfacial irritation, and produce rashes, eruptions, and abscesses, which he denominates the crisis. In this way mercurials and other preparations which have been administered are got rid of, as is evinced by the peculiar fætors and appearances given off. The ordinary treatment of exanthemata in this country is to invite them back into the system by purges and diuretics, thereby causing them only to subside, but not expelling from the system : that of Pressnitz is to encourage



them, and, by their expulsion, thus rid the body of its grossness and impurities.

The diseases that yield to Hydropathy are those marked by nervousness and debility, acquired through free living, hard drinking, and other exhaustive measures ; rheumatism, gouty constitutions, skin diseases, secondary symptoms, hæmorrhoids, &c. A Dr. Gross, who visited Gräfenberg for inveterate "cold in his head," thus describes the result, and the avertive means he pursues to prevent a recurrence. "As regards myself, who have left Gräfenberg, after a stay there of sixteen days (a short time, but which will ever remain profoundly engraved on my memory) I am entirely cured of the cold in my head ; but I nevertheless continue the external and internal use of cold water ; and although far from scrupulous and still less wedded to any minute diet, I endeavour to be moderate in the enjoyments of life. If at all indisposed, I fast rigidly, and continually drink cold water. This manner of living affords me the satisfaction of keeping in perfectly good health, of feeling strong, gay, and lively, and of being as young as any one can boast of at fifty-three years of age."

Every man careful in his diet and general regime ought to be able to speak as much for himself.

The theory thus given by Mr. Priessnitz is popu-

larly correct. Water may be taken in large quantities by some persons, and be got rid of, there being many instances of morbid thirst, where from two to three gallons have been consumed in the twenty-four hours. During the prevalence of the late cholera an unlimited supply of water was allowed, and numerous lives thereby preserved ; but water-drinking did not constitute the only treatment, nor was it the only plan that was successful. Mercurialization, the administration of salines, hot air and vapour bathing, the injection of blood in the veins of the dying person, opiates and stimuli alike boasted of their share of success, and many individuals rallied by the unaided power of nature. The question must occur to every person at all conversant with the physiological knowledge of human life, how far such a wholesale swilling is compatible with the law of the digestive functions. The ipse dixit of the partisan of Homœopathy, “Morisoniana,” or Hydropathy, is only worthy as far as it goes—as far as it relates to the particular individual, and when opposed by the sober experience of as old or older, and as able or abler heads outnumbering the pretender as the sands of the sea are to a single bushel, it is scarcely worthy of investigation how far the suggestion is plausible, but certainly how likely it is to prove eminently destructive.

Water, without doubt, was given to us to drink, and at one time was the only beverage man had to quench his thirst with ; but surely a limit was imposed upon that appetite as well as the rest. Wine, malt, spirits, and other fermented liquors, as well as the milder beverages, had an origin and grew with the tastes and habits of the world ; primitive life was also principally sustained by fruits and herbs, which in time gave way to more solid and substantial fare. It is astonishing how we are found making ourselves the standard of other people. He who has abused his constitution, or is hereditarily sickly born, and is of an unthriving frame, adapts himself to his wants, and considers all the world should imitate his example. The new convert to teetotalism, if happily it suit him better than his late excesses, wonders how people can be such simpletons as to take any beverage other than toast or cocoa-water. Some eccentric individuals there are who take up morbid objections against the consumption of animal food, and feel disgusted at the sight of flesh or fowl, and particularly pity those who do not follow their example. As well might we go back to those olden times when man's only apparel was fig leaves, his only canopy the sky of heaven.

Unfortunately we do not have the making of our-

selves, else what heroes, giants, and philosophers we should be. We all have some traces of hereditary folly transplanted from our fathers, great and double great up to Adam, in our constitutions. Our frames are knitted to the circumstances that surround us; We are built and manufactured to drink beer, wine, and spirits, to breathe the muggy air of London, and to do its drudgery; but not to encounter the fevers of Nigerian expeditions? The opponents to the drinking of stimulative liquors, protest that they are an artificial drink, and consequently hurtful, else nature would have furnished rivulets of wine, springs of rum, brandy and gin, and lakes as reservoirs instead of vats for beer and porter. But what is not artificial where civilized beings congregate? Our legs were given us instead of wheels; our backs instead of waggons, and our skins instead of furs and satins, but who will deny the advantages of these combinations of human contrivance and industry. Our comforts would be very limited without them; nor does it follow, that by riding in coaches and carriages, in transferring the burthen from our shoulders to the cart; in shielding and protecting our bodies from the elements by clothing and housing, that we hurry our lives to a close; it is the abuse, not the prudent and judicious availment of them. The cor-



dial properties of wine, the nutrition of porter, and the useful stimulus of spirits, are recognised by every sensible and well informed person.

I cannot conceive happiness to consist of merely sleeping in a state of perfect oblivion, through half of the twenty-four hours, and spending the remainder in looking on at what is passing. It is all very well to talk of being able to enjoy the fine productions of the world; to breathe with freedom and delight the pure atmosphere; to ramble through fields or over mountains, to observe the rising and setting sun; to luxuriate on the wonderful productions of nature; to indulge in delightful associations: it is lucky indeed for those who can do it, but these are the few; the million are chained down to manual labour or mental thought. Take the labourer, the artizan, the clerk, the merchant, or professional man; confine each to his avocation, and it will be found few can discharge their daily duty without the help of the comforts of man's contrivance; deny them the grateful draught of beer, the invigorating bottom of gin or brandy, and annihilate wine from the table of the deep and anxious thinker, and tell them to feast on water;—'twere impossible.

The appetite for drink is denominated thirst, and is supposed to be seated in the back of the

mouth and throat; but it is merely an indication of a want experienced in the whole system, for, immersion in a bath has been known to allay the feeling without the water touching the throat. Thirst is excited in proportion to the perspiration, and the force of the other animal secretions; it is also provoked by salt and stimulating food.

There is some dispute as to how the quantities of fluids often swallowed are disposed of, that is to say, mingle with the circulation; the generally received opinion is that they do not pass on with the food through the piloric end of the stomach, but are at once absorbed. Hence the fallacy of the notion in Hydropathy that water dissolves the food, and thereby aids digestion. On the contrary it necessarily impedes digestion by diluting the gastric juice which is the principal solvent of the food. The substances swallowed do not so much chemically act upon each as they become mingled by the movement of the stomach, and are rendered miscible by the aid of the natural juices or secretions of the stomach. By swallowing large quantities of water upon a hearty meal, the stomach becomes distended, and its movements consequently diminished. Hence digestion is arrested until the fluid taken is absorbed. What messes we take at a meal! if they were all placed in

a vessel, we should at once see how incompatible they were for union; all the water in the world would not make a perfect solution of them; it is the mysterious agency of the gastric juice and the movements of the stomach, that effect their digestion. The temperature of liquids is of more moment than Mr. Priessnitz seems to conceive. Sudden death has been known to arise from drinking iced cold water upon a full meal, or when the body was in a state of heated perspiration. In a case of perforation of the stomach that befell a man who was for some months under the care and observation of Dr. Beaumont, and who tried various experiments, such as submitting different kinds of food attached to strings, and noting the time they required to become digested, he passed a gill of water into the stomach of the same individual—it having been previously ascertained that the stomach was at a temperature of 99°—and he found that it immediately brought down the stomach to a temperature of 70°, at which it stood for a few minutes, and then began to rise again very slowly.\* *It was not till thirty minutes had elapsed, and all the water had been for some time absorbed, that the mercury regained its former level of 99°. If therefore so small a quantity produce such a vast change of*

\* Coombe.

temperature, what must be the results where even quarts of the same liquid, and at the coldest point are taken? It is a wonder any one is living to tell the tale of his temerity.

Let us refer to some of our modern writers on dietetics, men who were, and some who still are, the stars of the profession—men whom the rancorous charge of avarice and ignorance (else all the world are liars) cannot reach.

Abernethy advocated abstinence from fluids, and especially, just before and after meals: and where is the man whose experience does not induce or compel him to do homage to the truth of the hint? Coombe says, “we should be careful not to drink so fast as either to distend the stomach beyond proper bounds, or to disturb the process of digestion by undue *dilution* too soon after eating. Coombe condemns the custom of always drinking at dinner, which he says is oftentimes more the result of habit than necessity. Thirst is the best guide, but not always the safest, so that it is prudent never fully to gratify it. Liquids drunk slowly allay thirst almost as quickly as quantity.

Dr. Coombe also remarks on the injurious tendency of taking ices after dinner, or when in a state of great heat. It is true some may do so with impunity; but



I fancy there are few who have not found it necessary, or very comfortable, to resort to a glass of the pure Cognac (where such can be had) afterwards. The same remarks apply to swallowing a pint of iced *soda*\* (?) water after dinner, a practice of extensive prevalence now among diners at feasts, and on public occasions.

The use of cold water, iced wines, or the ices of the confectioner, are, however, not necessarily hurtful in warm weather, when taken with prudence. They may be safely taken if the shock they produce is not too strong to forbid re-action. When the stomach is stimulated by strong food, and digestion is going on urgently, and there is generally great excitement of the system, an ice, or a draught of cold liquid is both grateful and wholesome. It allays thirst and irritability, excites additional contractibility of the stomach, expels flatulence, and gives a fresh impetus to the powers of the stomach; but either are extremely dangerous and hurtful if the person be fagged and exhausted. Cold drinks should be taken slowly, and exercise should be had recourse to afterwards. A great improvement has taken place in the dietetic arrangement of horses. Fluids have always been sparingly supplied to those noble animals, from an

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\* Webb's Soda Water certainly does contain soda, and is, in my opinion, the best in London.

apprehension of the danger attending the same, especially when the creatures were heated. A light draught is now permitted midway during a stage or journey, even if the animals be ever so warm. But the hostler well knows the risk of offering the pail until the horse is cooled, and somewhat recovered from his fatigue. It is a common practice for grooms to dash cold water over the feet of a tired and heated horse, and then to wipe them dry; nor do the poor creatures seem to dislike the custom. Another practice, showing the danger of great extremes, is to exercise a horse at his journey's end still further, in order to cool him gradually, or to prevent his breaking out into a sweat when removed to a warm stable, thereby exciting great thirst, and "thinning" the animal of his strength.

Dr. Johnson,\* although he admits water to be the best drink, as least hurtful, still has no objection to a *tea spoonful* of brandy in a wine glassful of the crystal element; nor does he object to a glass or two of good sherry. He considers more harm done by gross feeding than by generous drinking. Liquids escape sooner than solids, at less expense to the wear and tear of the digestive functions, than food if taken in too large a proportion. The stomach and bowels are oppressed by the undigested part, or over exerted

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\* On Indigestion. Highley, Fleet Street.

in the process of digesting more than is necessary, and the consequence is, that *gastric* and *constitutional irritation*, much worse than *vinous stimulation*, is kept up for a long time, after each immoderate meal.

The doctor applies his observations chiefly to the sick. The healthy, so long as they remain so, in a strict sense, need not the presumptuous interference of any one.

Dr. Paris,\* in writing upon liquids, says that independently of quality, the temperature, volume, and period of potation should be considered. Dyspeptic stomachs frequently cannot endure the shock of a draught of cold water: the stomach, not having sufficient vital energy, falls into a state of collapse, and serious consequences will oftentimes follow. Iced fluids should not be taken under any circumstance by those who have delicate stomachs, especially after a meal, the digestion of which is thus retarded, or wholly prevented.

The quantity of liquids taken at once into the stomach is a circumstance of material consequence. If the stomach be distended with fluid, the digestion of its solid contents must meet with considerable impediment; its bulk will stimulate the muscular fibres to

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\* On Diet. Underwood, 32, Fleet Street.

contract too rapidly, and thus to expel the food before it has undergone the necessary changes, while at the same time it is said, that the gastric juice is rendered too dilute to fulfil the objects of its secretion. Different kinds of food require different kinds of drinks to assist their digestion. Animal food requires more dilution than vegetable, roasted than boiled, and baked than roasted.

The time for drinking is of much importance. By drinking before a meal, we place the stomach in a very unfit condition for the duties it has to perform. By drinking at dinner we must be regulated by what we dine off, taking care to avoid rendering it too liquid. The sensations of the individual, not only at the time, but afterwards, will be the best criteria. Dr. W. Phillip says, "eating too fast causes thirst, for the food being swallowed without a due admixture of saliva, the mass formed in the stomach is too dry." Dr. Paris generally recommends a sparing supply of fluids. He considers *water* certainly the *natural* beverage of man, and *salt* the best sauce, but he *looks upon man as he is, not as he might have been* had he never forsaken the rude path of nature, and, therefore, in his analysis of drinks, *denounces none*, but points out those which are least hurtful, and those which are most nutritious.



A Mr. Richards\* thus writes. "It shows no wisdom to condemn the *use* of meat and drink because their *abuse* is attended with ill effects. Why should we act and feel as if this beautiful world, brilliant in beauty, and overflowing with blessings, were a collection of steel traps and spring guns, set to catch the body and shoot the soul?" Is it not much better and wiser to avail ourselves of the many blessings which Providence has placed before us, than to set ourselves to work to detect poison in our drink, and God knows what in our meat? Our grandfathers and their progenitors were well convinced that a cup of "Sherris Sack" comforted the heart and aided digestion. "Honest water is too weak to be a sinner; it ne'er left man i' the mire."

That wine and spirits taken to excess are hurtful "nobody will deny." Dr. Beaumont (before alluded to) who had the case of the man with an orifice on the surface of his stomach under his care, thus gives the result of his observations, relative to the effects of spirits, &c.† "On examining St. Martin's stomach after he had been indulging freely in ardent spirits, Dr. Beaumont found its mucous membrane covered with inflamed and ulcerated patches, the secretions

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\* On Nervous Disorders. Hurst, Fleet Street.

† Coombe.

vitiated, and the *gastric* juice diminished in quantity, viscid and unhealthy; although St. Martin complained of nothing, not even of impaired appetite. Two days later, when the state of matters was aggravated, "the inner membrane of the stomach was unusually morbid, the inflammatory appearance more extensive, and the spots more livid than usual; from the surface of some of them exuded small drops of grumous blood; the aphthous patches were larger and more numerous; the mucous coverings thicker than common, and the gastric secretions much more vitiated. The gastric fluids extracted were mixed with a large proportion of thick ropy mucus, and a considerable muco-purulent discharge slightly tinged with blood, resembling the discharge from the stomach in some cases of dysentery;" such was the state of this man's stomach, and the only inconvenience he felt was a slight pain and tenderness at the pit of that organ. His tongue was covered with a thick yellow fur; he had some giddiness, and a dimness of sight, sallow countenance, &c.

After a few days of low diet, and the use of mild diluents, the coats of St. Martin's stomach were seen to resume their healthy appearance; the secretions became natural, the gastric juice clear and abundant, and the appetite voracious. Dr. Beaumont had occa-

sion to observe, that even in less severe disturbance from mental excitement, free eating or fatigue that distinct symptoms manifested themselves.

Having said so much on water, a word or two is due to wine. I will pass over it as a luxury, finding fault with no one who drinks it, and discovers that it agrees with him. There is an old adage, which proclaims, "Wine is good, or the *doctors* would not *drink it*; and *right*, or the *parsons* would not take it;" so, depend upon it, is beer and even brandy and water. The properties of wine are stimulative; it consequently is less necessary in early than advanced life. In childhood the system is active and easily excited, and requires little energy but what it possesses: but there are exceptions; and those exceptions require nutritious diet, great care, and even wine. When the body has ceased to grow, and great calls are made upon it by exercise or anxiety, the constitution requires support, and wine may be safely taken *medicinally*, if scruples exist against the propriety of causing artificial excitement. If we all had the making of ourselves, we should be giants in strength and stature, and each an Adonis or a Milton in feature or mind. The sin of ill-health, deformity, and incapacity, rests very much with those who have preceded us; and to amend our misfortunes, we must

resort to artificialities. There are many so inherently deficient in energy, that wine is indispensable; and there are many situations in which even the healthiest derive additional security from its occasional use. Dr. Coombe, however, condemns the use of wine to those who do not want it. He says where digestion is good, and the system in full vigour, if the mode of life be not too exhausting, the nervous functions and general circulation are in their best condition, and require no stimulus for their support. Fortunate are those who are thus placed. This pamphlet is more for the purposes of suggesting how to recover health, and to preserve it, than to those who are in the full possession of it. The writer or thinker must be mad who would recommend inebriety; and there is a species of cruelty in persuading and urging people to drink more than, they know from experience is likely to agree with them. It is therefore a mistaken notion of hospitality and friendship to insist upon bumpers at our own tables, and provoke a man by entreaty to make himself ill. Such, however, is not the extent of my advocacy of wine-drinking. I merely contend that it is necessary for many, and hurtful to those only who abuse it. Our emotions are excited by circumstances: the refinement to which the arts and sciences have arrived owes its



existence to the longing for luxuries. Eloquence, painting, music, and fine buildings, have all been associated with the good things of this world. Who is ignorant of the tendency of beer, spirit, and wine-drinking. The former gives physical strength, the second overcomes the most frightful difficulties, and the last exalts the mind to its highest state of sensitiveness. A man of high mind will scorn to commit himself, and will always have fortitude enough to resist the temptation of excess. Not so the thoughtless and vicious; they need the aid of vows and penalties to restrict them. The latter are the means adopted chiefly by Temperance Societies, the value of which is somewhat compromised by the means employed; for it would be better to educate the mind, and inculcate a better use of time, that would sooner deter the improved man than all the dogmatical interdictions of the world.

Too much cold water will not do for the natives of such a variable climate as that of London. It is all very well for those of the arid soil and dry atmosphere across the channel; but in variable climates, especially humid, stimuli are indispensable. Note but the consumption of Schiedam in Holland, and why they never drink water there, although they live in and on it. What encourages the drinking of whiskey but the

bogs in Ireland? But to return to cold water drinking. A lady who suffered from a scrofulous affection was advised to try the hydropathic system. She commenced by taking water before breakfast, water after the same, at dinner, and at night. From calculation she took possibly three pints during the day. She had been accustomed to drink about a pint of porter daily, half at dinner and the remainder at night. This she relinquished, and substituted water, as above stated. Upon commencing the experiment she said it “struck cold” to her stomach. Up to the present time, now nearly a week that she has adopted the change, she declares she has not felt warm since; that her feet are cold, despite exercise; that she feels weak and faint, and in no ways improved as to her complaint.

I will mention another case, of which I was an eye-witness, and which can be corroborated by the attendants at my establishment in Broad street. A gentleman, about forty, was inclined to corpulency, and accustomed to drink wine, spirits, and beer, each only *in moderation*—and that *is* to be done! For instance, he took a glass of porter at dinner, half a pint (sometimes a pint) of wine afterwards, seldom took tea, but drank at night a glass of ale at his supper, and concluded with a glass of grog. Not sleeping well

for some few nights past; and being told that beer was fattening and feverish, and also bitten with the cold water mania, he determined on a change in his daily routine. He rose earlier, practised cold ablution, took a draught of spring water, and walked half an hour before breakfast, dined as usual, omitting his beer, and substituting water, and contenting himself with two glasses of wine, tea'd and supped *en règle*, and doubled the quantity of water for the ale he had left off. This went on well for three days, when the accident now to be narrated brought him to my notice. About mid-day he was seized with faintness and giddiness; and being his nearest friend, he sought my advice. The colour had left his cheek, his pulse fluttered, and he appeared much frightened. Knowing the fact of his conversion to Hydropathy, it was apparent that nothing but stimuli would relieve him. Of those at hand brandy was the readiest. A glass of the same, made hot by boiling water, and pungent by ginger, was immediately administered. Half an hour's rest in addition rallied his expiring strength, and he left, resolutely determined no more to subject himself to the *Wasser-Cur* experiment. The ends he sought might have been obtained by less stringent denials than he inflicted upon himself. A diminution of his daily potions would have achieved

all, without going to the extreme of giving up what he had for years been accustomed to.

In the thousand and one cases of nervous debility (a phrase of vast meaning) cold water treatment is outrageous and dangerous : but I will here instance a case or two by way of explanation. A young man under twenty, with cough, and merely mucous expectoration, short breathing, great feebleness, cold hands and feet, and sense of exhaustion ; imagine such a person subjected to cold water diet, and cold ablutions ! Why, he would not have survived a day. Here stimuli were freely allowed and advised, and to them alone did he owe his restoration. Another, a dyspeptic patient, harassed with flatulence, annoyed with sleepless nights, tormented with wandering pains, and depressed by dull thoughts and melancholy forebodings. Much of his ailment may have been attributed to careless living ; but to have denied him stimuli, would have been to have signed his death warrant. Grateful stomachics, mild yet generous diet, warm bathing, to promote a healthy action of the skin, and moderate stimuli were indispensable. To this combination did he owe his recovery. “ Water,” said an inveterate spirit drinker, “ rots leather ; look at the soles of my boots ! What chance then would my stomach stand ? ”



**QUALITY OF WATER.**

The quality of water depends upon its source, and how obtained and preserved, and is as open to the connoisseur to exercise his judgment upon as our choicest wines. Water is held to be either *hard* or *soft*. The latter is to be preferred for domestic and medicinal purposes. The *hardness* of water is occasioned by the presence of sulphate of lime, which exists usually in the proportion of five grains und upwards to the pint. Analysers classify water as consisting of rain, spring, river, and well, also lake, marsh, and that obtained from the melting of snow.

Rain water is *soft*, and is certainly the purest, when unimpregnated by a smoky atmosphere, or not collected from a sooty roof, &c. A filterer, however, removes the preceding objections. Spring water is generally hard.

River water consists of that derived from springs, and the waters (principally rain) that flow into it. It is, of course, much modified by the soil of its bed, that yielding the clearest which is chalky, flinty, sandy, or gravelly. The best water is that which is thin, light, and of good smell and taste; such as is soon hot and soon cold.

Lake water is supplied from various sources, and

is to be preferred according to the quantity collected together, the larger being the more wholesome, as likely to be less impregnated with animal and vegetable matter. Marsh water is the most deleterious from being stagnant, and loaded with putrefactive matter.

The cisterns and conduits of water have much influence upon its quality. Those of lead have been objected to as imparting colic or constipation. Wood and iron are to be preferred. The digestibility of water is aided by adding a toast to it, or baked biscuit. The water should be first boiled, and should, when cold, be drunk quickly, as it spoils by keeping.\*

Distilled water is chiefly used for chemical admixtures. It is not so wholesome for common drink as spring water.

All water should be filtered. We have many domestic rules for that purpose; one of which consists of pouring water through a bucket of sand, the bucket having a hole at the bottom, which is merely stopped up by a sponge. The water so directed will flow clearly through, and should be collected in a proper receiver. This, however, is a troublesome process, and which London ingenuity guards against.

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\* Dr. Paris.

Proper filtering machines are sold, and of all sizes, to suit the convenience of large and small families. It is quite refreshing to observe in the windows of the vendors the beautifully clear and limpid appearance of the strained water in comparison with the muddy and turbid state as received from the water-companies into our tubs and cisterns. Few people give it a consideration, seldom drinking water alone, and from drinking it in tea, broths, or grog, or made into toast and water, not observing it; but it is astonishing how much the taste as well as the look is improved by filtration. I bought some time back a filterer from a Mr. James, in the Poultry. The reservoir contains three gallons; and by keeping up the supply during the day by attaching to the kitchen water-pipe a ball-tap, and suffering it to float in the upper receiver of the filterer, there is always a sufficient quantity for house purposes. I have reason to believe Mr. James' filters to be as good as those of other manufacturers, and as economical. Those which I have recommended, also my own, have given full satisfaction. London water is tolerably soft, but desperately dirty, and needs especially straining before being used. Rain water, if filtered, is as pleasant to drink as well water, and makes excellent tea. As a cosmetic, it is luxurious and unrivalled.

It may be asked how much fluid should a person drink during the day. Not speaking hydropathically, I have ever been of opinion, the less the better, provided we feel comfortable thereupon. I have already stated that too great a quantity of fluid distends the stomach, retards digestion, and produces flatulence, and other disagreeable sensations. Mr. Priessnitz imposes no restraint; but then he has a motive, and that is to set in activity all the vessels of the body in loading and unloading. How far such is likely to be useful in curing diseases has been considered. I have expressed my disbelief in its general usefulness, especially as a means superior to those at the command of every medical man.

I am quite alive to the salubrity and even superiority of water drinking, say, taken medicinally, to swilling upon wine, spirits, and porter, all of which latter every physician forbids in inflammatory disorders. There are also cases of dyspepsia, where water drinking will be found to agree better than in taking stimulants, and again there are others where stimuli are indispensable. In cases of great irritability not only should fermented drinks be prohibited, but also solid meats and other kinds of food that require power in digesting. Most people usually drink, upon an average, three pints or a quart of



fluid in the day, and if their life be not an indolent one, they can hardly take less. That quantity, however, is medicated, if I may use the term, by tea and other substances, and the digestibility and salubrity of water is not always improved thereby; yet it would sound somewhat strange to recommend cold water for breakfast and tea instead of souchong or congou infusions, and I think few persons would incline to feast thereon: milk and warm water form a very quieting beverage for the breakfast and tea meals of invalids. An excellent substitute also for slops is to be found in milk or milk and water, boiled and thickened with farinaceous food (Hard's\*). Persons who would be water drinkers, and who for morning and afternoon are content with tea, coffee, &c. have only two meals left, the dinner and supper, for that purpose; and when drinking is least necessary, according to the opinions hereinbefore given. Our solid meals, however, are rarely palatable without moisture, and they do not contain a sufficiency of it in themselves. At each of these meals, or soon after, half a pint is surely as much as the stomach can well bear. In seasons of accidental thirst water certainly is the least offensive drink, nay, the most salutary.

\* To be had of all grocers and druggists.

Among the promises held out by Temperance Societies, for drunkards and others to become converts, the most tempting certainly is health. They insist that man does not require fluid stimuli, and that he will have better health by avoiding it altogether. The sick will recover, and the strength of the strong be made lasting. The moral reformation of the man they calculate upon, by the withdrawal of the drink which often misleads him. This is no compliment to his own nature. On the comparison of the medicinal qualities of wine and water drinking, I would suggest thus much; that the man who drinks his bottle of Port or Madeira per diem—if he feel uncomfortable therefrom; if he pass a fidgetty night in consequence, will certainly suffer less from taking a pint instead of a quart, and if, upon that secession, his thoughts remain gloomy, and his bed be not an Elysium at night, he will stand a better chance of mitigating his horrors by diminishing his quantum to half; and if that don't do, rather than despair, he should leave it off altogether, and take to water or—physic. Even so would I advise the grog-drinker, the beer and ale consumer, and the segar smoker. I do not for a moment pretend to insist that the more a man can take, the more he ought, but I do, with all respect to those who are

looked up to as authorities in those matters, incline to think, that to him who can say, "I sleep well; I eat well; I am hearty and strong, happy and lively, and I take my glass and my pipe at the close of each day; because it affords me comfort and gladness, and makes me in love with all mankind,"—I do incline to think it extremely arbitrary for another to say (who finds he can do neither the one nor the other without suffering an ache in his stomach, toe, or head), that the modicum of mulled ale, the stoop of porter, jorum of punch, or the tumbler of wine, are each abominations to health, happiness, and longevity, and ought to be expunged from the bill of fare of all sensible persons. The same restrictions should be exercised towards practices in themselves not salutary or that are hurtful in excess, whether they be snuff-taking, segar smoking, or grog or wine drinking. How common is the remark to a friend whom we find not looking so well as yesterday to say, "Ah! you drink too much, you smoke too much, or I'm sure so much snuffing can't be of any use to you—or you keep too late hours, or you work too hard—you study too closely, or you eat too quickly or too much, or your selection of food is bad—you take too many slops—you lie abed too late, or you don't take exercise enough—you are too anxious, or

that card-playing excites you too much," or the thousand other excesses which men commit; and yet no one will say that a moderate indulgence in any one of these things, not carried beyond bounds to a hurtful or immoral degree, ever drives them to grief: excitement, or occasional merriment, are to be denounced, as sinful and deserving of total prohibition. If all things went on as smoothly as the stream we are to swallow, man would sink into a perfect state of inanity. When did the affections open out upon water? It is one of the schemes of human nature to enliven and excite the mind, in order to draw out its noblest qualities. How much of the success of many of our finest projects, national and local, and of our most benevolent designs hinges upon the spur of a dinner, and its accompanying exhilaration. Give water, and the subscription plate will be (may be) filled with shillings. Give wine, it will overflow with gold: we may depend upon it, that every thing in the universe has a purpose, and from which benefit may be derived: the bigoted are ill fitted to frame laws. We should look upon all with benevolence; the contemplative mind will be sure to discover,

"Tongues in trees—books in the running brooks,  
Sermons in stones—and good in every thing."



As a summary, it is evident from the foregoing, that drinking such amazing quantities of cold water is unnatural, hurtful, and dangerous to life. We have the opinions of the highest medical authorities of this country, that fluids taken to excess distend the stomach, enervate its powers, impede digestion, and produce in many instances alarming consequences. Here we have a system attempting to annihilate at one fell swoop the carefully gotten intelligence of ages, not only acquired by dint of persevering investigation, but proved by statistical authority to have lengthened human life, and to have swept off many of the bitters that beset it ; and, forsooth, by whom ? By a man untaught, unread, unskilled, unrivalling in medical knowledge the apothecary's boy who carries out his master's medicines ! What would be thought of any pretender starting up in any other science, and dictating upon effects, who was ignorant even of its simplest elements ? That temperance is laudable no one will be so bold as to deny, or that excesses are alike injurious, be they what they may ; yet, opposed to these admitted axioms, are we advised and urged to put our absorbing and secretive functions into tenfold activity ; and we are also told, that by such a persistence are we not only to recover health, but by the same means to preserve it.

It is insisted that medicines are poisonous and unnatural, and that water taken abundantly is only a medicine, with this advantage, that if it do not cure, it does not kill, that it is more palatable, and so forth. The proprietor of Morrison's pills adopts the same argument, and contends that his nostrum is the only balm in the land. Some hundred publications have been put forth of the miraculous and astounding cures achieved by the combination of aloes and gamboge. Brandy and salt had its sway, but was obliged, like its competitors, as will also Hydropathy, to commit *felo de se*. There never did exist, nor can there ever, an universal panacea to suit all conditions. Purging, stimulants, and abstinence, are three good doctors, but they will never arrive at such a flourishing practice as Diet, Merryman, and Co. Rhubarb is a nauseous physic, calomel a tasteless one, but the palate alone is not to be consulted. Water affords an agreeable draught, but is less comfortable to bear when sent upon us in cold shocks, as though heaven and earth were about to meet; and surely the provocation of boils and abscesses adds not to its recommendation.

We cannot have all things our own way: therefore, the charge of the nauseousness and poisonous nature of medicine is a puerile anthesis to the sweetness or tastelessness of water. It is the skill of the physi-

cian that outroots the sting from filthy and destructive drugs ; the clumsiness of the would-be doctor that renders it what it is designated. Nature never sent us one evil without another to counteract it. Many of the most valuable properties of medicines, plants, springs, &c., were discovered through the instinct of animals. Langen-Schwalbach boasts its revenue from the salubrity of its springs, the efficacy of which was discovered by a poor lean cow. The creature was dissolving into a consumption, but suddenly she was discovered to be growing plump and handsome, not unworthy of a place in the Smithfield cattle show. From this simple circumstance did the spring derive its celebrity. What library could contain the annals of the benefits that have been derived therefrom ? Kings and courtiers, high-born dames and lowly maidens, have knelt at the shrine, and thousands upon thousands go annually, and live to breathe its praises, and yet in Mr. Claridge's book we are told, that nature only made all mineral and other medicinal springs nauseous that they should be avoided. Are all nauseous things to be shunned ? Who invented vinegar, olives, caper sauce, and lastly sour krout ? There is nothing in this vast world but has a purpose. Shades of Johnson and Granville ! ye Francis Head and others ! much have



ye to answer for!—your folly and temerity in adventuring in search of that treasure health, when ye might have obtained it from Aldgate Pump—and your cruelty in persuading others to pilgrimage to foreign wilds upon similar but useless expeditions.

In continuation:—It must be evident also that these excessive perspirations and cold washing afterwards, must be changes unsuitable to an English *skin*, or an Englishman, or what expresses the objection greater, London constitutions. However pleasing the prizes may appear in the perspective, for after all it is a lottery (as stated in the prospectus with no blanks, Mr. Priessnitz declining to take under his management cases he considers he cannot cure), it is questionable whether a dozen citizens, located within sound of the bells of Bow, could be found to venture a *bath*, or *blanket dip* in the lucky bag; for to the credit of civic confidence be it spoken, their medical neighbours are respected, esteemed, and looked up to as the conservators of health, instead of the bloodsuckers and bloodhounds (if printed anathema could make them) Mr. Claridge would have them considered. It is a well-known fact, that in London, corns, coughs, colds, rheumatism, and gout—even spleen and poverty, two mortal diseases, if not subdued (shall we depart from the jocose, and



go on to the [sad and terrific maladies [that make existence hideous) are daily cured, without fee or reward beyond the gratitude of the poor sufferer. We do not hear of Mr. Priessnitz giving his advice and medicines (*diet, housing, and clothing*) gratis. Gracious powers! it rouses our indignation to hear a fellow-countryman aspersing the skill and honesty of such men as the medical conservators of this noble kingdom. Why, among the nations of the earth, nay, pack them together, they cannot approach our medical institutions for skill, benevolence, or extent. They are but as the fly on the cow's back, that was whisked off by a fan of the old lady's tail.

In rebutting the charge of the violent organic disturbance produced by a vapour bath, the author must have had in his mind's eye, when speaking of the serious inconvenience induced thereby, some of the Gräfenberg patients, whose veins were overflowing, and whose skin was ready to burst, and with the watery priming, go off or melt at a touch. An Englishman don't so readily part with his rich juices, except by the sweat of his brow. He has heart and nerve to withstand a temperature of 120°, and I have seen men endure daily repetitions by dozens of the vapour bath without a tremor or totter. Upon the whole the practice of Hydropathy appears a piracy upon

old established usages; the only novelty being in the combination, putting a horse before as well as behind, in order to pull two ways, blowing hot and cold with the same breath.

The pith of Hydropathy will be found to be in the abstinence from the causes that produced the disease, namely, excessive indulgence in stimulants, and that moral hydra that so entrenches upon the mental and physical power of man, disquietude from anxiety, care, &c. Here the patients are removed from all, and temperance, fresh air, rest, and easy exercise, substituted in their place. Cold water bathing has its usefulness, which has been fully admitted, and the practice followed in all corners of our own island. As an occasional local remedy, or a general means of imparting strength, it is a lion in itself. Cold water drinking and warm persuasions, have for years been tempting the drunken and dissolute from their old habits, by economy and salubrity, yet notwithstanding extolled gratefulness, every possible means have been resorted to for disguise: and hence the consumption of coffee, tea, cocoa, and other similar beverages, has been centupled. The change may have, and doubtlessly has, temporized and lured man from practices that hitherto disgraced his nature; but it is a curious fact, and can be attested by every

practitioner, that dyspepsia, flatulence, and its concomitants, have been in an equal ratio multiplied. I am not arguing that we should drink what we do not want; and I admit that it is so seldom man (as a body, I mean) can limit himself to only so much and no more than shall exactly suit him, that as a general view, I would join in the declaration, that the less we take of stimuli the better, provided we can do without them, but it is hard that the sensible should suffer for the foolish; "a glass of generous wine maketh the heart glad." All work, and no play makes Jack a dull boy. I have in my earlier publications spoken of the poisonous quality of the vintner's store; but I perhaps had less moderation and consideration in my composition then than I have now. I have judged of others as well as myself, and I have found that practice and precept are not always linked together. There is vanity, and envy, and some little austerity in the prescription of a man who says, Drink not at all. It is to be presumed, that what he advises others he follows himself; and it is rather uncharitable to reason that because I can't, you sha'n't. I contend that (except in cases of absolute illness, where fever or inflammation, which comprises all diseases, be present, in social life where the body and mind are actively

engaged, it is too much to expect man so to alter the habits of himself, founded on those of his forefathers, as to forego tasting in moderation of the generous drinks manufactured from the fruits which God has given us. What time may do in effecting this reformation I know not : I fancy that the present convertism will sooner or later betray itself: it is, I hold, so opposed in the extreme scale where every thing is forbidden, that it teaches men to be hypocrites and deceivers. Even if the cause be good and honest, great changes have to overcome many obstacles, and sometimes the attempt makes bad worse. It is told, that a philanthropist, desirous of lessening the labour of the West India slaves introduced wheelbarrows to supplant the place of baskets. Our black fellow-men filled the barrows and hoisted them on their shoulders or heads, and looked upon the wheel as a toy which they turned round as they went along; the benevolent exporter, instead of rendering them a service, doubted the weight they had to carry.

Lastly, with regard to perspiration. Perspiration can be excited many ways. We have a class of medicines called *diaphoretics*, that act upon the skin, that determine the blood to the surface; if it be asked, but how? it may be answered,

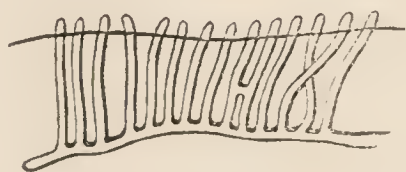


“That a thing is and does, we know,  
*But HOW and WHY*  
Baffles our weak philosophy.”

OLD RHYME.

The same question may be put, and answered as to blanket-sweating, hard exercise, and vapour bathing—or warmth applied or generated any how. The best reason we can give to account for the phenomena is, that the circulation becomes quickened, and the extreme vessels are forced to unload themselves. It may surprise those unlearned in physiology when they are told that the water which they drink joins the current of the circulation, and becomes blood before it is given off in perspiration or by the kidneys, and they will be the more surprised from the rapidity with which the change can be effected. Moisture is given off from the system, besides from the skin and kidneys from the lungs called exhalation, and from the various mucous secretions whence it is named. It is given off from the skin in what is called insensible or invisible perspiration, and in drops called sensible perspiration. The fluids swallowed, or those by which we are surrounded, are received into the system by means of vessels or suckers that abound principally on the surface of the interior organs, stomach, and intestines, &c. and externally on the

skin, and exist also everywhere—they are called absorbents—these absorbents all lead to one principal common duct, which empties itself at once into the circulation. The following sketch will convey an idea of the structure of the absorbents; the patch represented exhibits a portion immensely magnified.



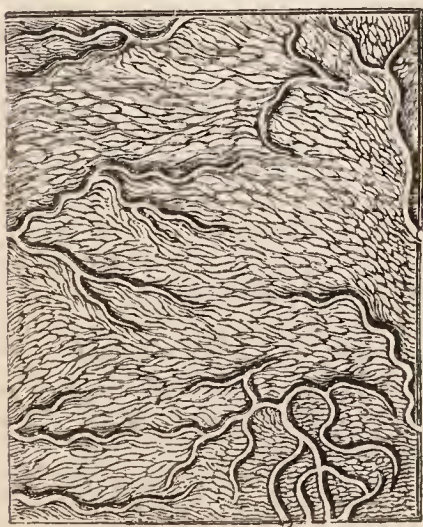
The same ramification exists all over the body; the loose ends float on the inner surfaces, and take up their particular fluid as it passes over them.

The annexed drawing gives an idea of the arrangement of the absorbents. The upper line representing the inner surface of the intestine, with the absorbents protruding: the lower, the common recipient. These are again multiplied, and lastly, as has been stated, end in a common duct, called the Thoracic duct, that empties itself into the junction of the left subclavian and jugular veins.

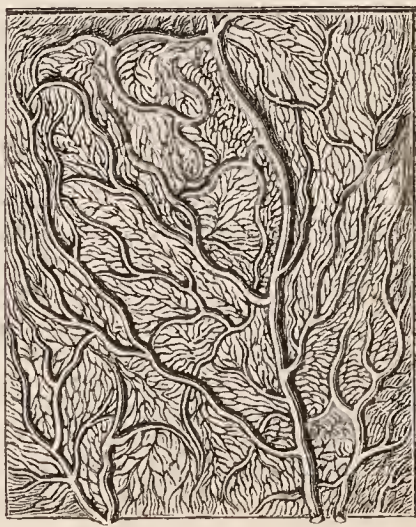
Perspiration, it will be remembered, is divided into two forms, sensible and insensible; it oozes from the extremities of the cutaneous arteries, of which (the latter) such a proportion only is given off as suffices to preserve the balance of a healthy man. It is, there-

fore much modified by what we eat and drink. The average maximum of loss sustained by this process is about six pounds and a quarter in the twenty-four hours, corresponding in quantity nearly with the food and drink which is consumed. The sensible or the visible sweat can be excited to almost any degree, especially by the means already alluded to. To show what the microscope has enabled us to discover, two woodcuts are offered, one of which (the first) explains the wonderful and varied ramifications of the arteries which furnish the perspiration; the other, the veins which receive the blood not given off, to convey it to the heart to undergo revivification.

The Secretive Ends of Arteries.



The Veins of the Skin.



By reference to these, it will be understood, as well as can be explained, how perspiration is excited,



and also the effect of warm and cold applications. The immediate effect of cold and warmth to the surface is nearly alike: they both constrict, but the reaction that follows differs, and the warmth sooner produces comfortable effects than the cold, and can be endured longer. The cold throws the system upon its own resources, and if it be too long continued, or the shock be too severe, a reaction will not follow. The warmth secures the effect at once, and if it be well regulated, all the intended results are produced. Cold constricts the minute vessels; the circulation of the blood is retarded to a certain depth; the *vis a tergo*, that is to say, the rush behind, overcomes the check, and the minute vessels dilate, and admit an additional quantity of blood or respirable secretion, that brings with it animal heat; the processes of secretion and absorption are increased, and hence perspiration flows. The judicious application, therefore, of cold, rouses the action of the part, and excites tone and warmth; and the shock received extends, when moderated, to the system at large. This, aided by feeding the lungs with pure and fresh air, and exciting general muscular action by exercise contributes powerfully to the reparation and preservation of health. Hence the valuableness of cold bathing as an artificial means of achieving the object, but arti-



ficial, notwithstanding all that has been said, must it be considered, as well as medicines and baths of all kinds ; for if we obeyed strictly the laws of nature, we should never ail, and consequently never need bathing but in the sweet air, with our legs on the dry earth, else should we have been born with fins and tails. As a less severe and more expeditious means of inducing perspiration, where practicable, than the cold, is the warm or vapour bath. Warmth assuages pain more quickly than cold generally, but, as I have observed before, the resort to either should rest on the authority of experience. Warmth sooner induces perspiration than any measure we have in store, and can be so regulated as to produce only so much as shall be salutary. The patient on going into a vapour-bath, is ushered into a chamber at a temperature a little above that of his own body. The vapour is respired, and therefore the effects interiorly and exteriorly are alike. By degrees it is augmented, the breathing is freer, and if any crudities are in the air-passages they become gently loosened, and are given off by expiration and expectoration. The circulation becomes slightly accelerated, the body is soon covered with a moisture, partly of its own formation, and from the condensation of the vapour. In a few minutes the perspiration

breaks forth freely, all pains are quieted, and feelings of indescribable comfort follow. This is kept up as long as may be desired, and a sufficient repose is offered in warm clothing on a couch, whereby what little excitement may have been occasioned subsides, and the bather leaves for his home, or whatever other pursuit he may have in view, with the feelings of a lightened and refreshed man.

I have enumerated to tautology the maladies for which relief may be derived from bathing, and therefore must refer such of my readers as may desire to venture on a further experiment to my other publications on the subject;\* but as this little brochure professedly relates to the subject of Hydropathy, I will confine myself as much as possible to the subject in question, I have next to offer a few remarks on the qualities of water as a beverage.

### FRESH AIR AND EXERCISE.

PURE air is the same all over the world; it is but modified by temperature, locality, and space. Consequently, as these three conditions differ, no two places or things being alike under the sun, the atmo-

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\* See especially "Hints on Bathing," to be had free for the asking, at 5, New Broad Street.

sphere varies accordingly. It is not proposed to go into a learned analysis of the proportionate quantities of oxygen and nitrogen, but simply to point out the fact of the air of Peckham being very dissimilar to that of Highgate; that of Torquay to that of Brighton; that of London to that of the hills of Gräfenberg. Whether the air come from the north, east, west, or south, it is subject to the influences already named. The coldness of the air depends much upon the velocity of the current; and in sheltered places it is rendered much warmer from its difficulty of access, and consequent loss of impetus. Hence the usefulness of selection, according to difference of constitution, the warm air being chosen for those of delicate lungs, while the colder or more bracing are suited for enervated yet sound breathers.

Fresh air is most essential to animal life, foul air most destructive. The chemical phenomena in inspiration is to absorb the oxygen, and in expiration to give forth an equal volume of carbonic acid gas; consequently, when an animal is confined in a limited quantity of atmospheric air, it dies as soon as the oxygen is consumed; no other gas than oxygen being able to support life. "Pure oxygen maintains the life of animals much longer than atmospheric air bulk for bulk." The reason that the fumes of

charcoal in closed rooms destroy life is owing to the combustion of the oxygen in the apartment, and the substitution of carbonic acid gas. It is therefore obvious that where the current of fresh air is obstructed, the longer we live in it, the more deteriorated it becomes.

Rooms lighted with gas—even if lighted with oil or candles,—if the lights be numerous, and if the rooms be not well ventilated, are very unwholesome for any length of time to respire in. Theatres, assembly-rooms, and chapels, and all places where many persons assemble, should be well ventilated. It is a common practice to stop up the chimney of a bed-room with straw, or by letting or keeping down the flap of a register stove, to avoid the draft. It is most unwholesome: it is advisable, throughout the year, even in winter time, to sleep with the upper sash of the window a little way down, and to suffer the chimney to be free to secure a “change of air;” rooms whereupon the sun shines fiercely, and for many hours during the day become heated, and consequently laborious for respiration; they should be well ventilated previously to retiring to sleep. The atmosphere carries with it many impurities according to its locality, and therefore is necessarily less wholesome in towns than in villages, and



more healthful the further off from manufactories, or closely connected buildings. The atmosphere may be impregnated with moisture, or otherwise; and much of its salubrity depends upon its dryness. Damp foggy atmosphere is more conducive to catarrhs and colds than dry and sharp air. The idiosyncrasies of people differ, and it is surprising to find the apparent inconsistency of a close confined town agreeing better with some people than the breeze from the hills. These, however, are only exceptions; and, generally speaking, persons in the country are healthier than those in cities. It will take no vast expenditure of logic to prove this latter circumstance, nor to substantiate the fact, that ailing individuals in closely packed habitations regain their health in a surprisingly short time when removed into the country, which they would not be likely to do by remaining at home.

There is a vast difference between the climate of England and France, that of France being milder and more salubrious, and, accordingly, invalids by resorting thither, owe much of their restoration to the change of air. Londoners should avail themselves of every opportunity of respiring fresh air, and those whose time forbids them getting out of town, would derive much benefit from sniffing the breeze from the bridges, parks, &c.

Riding in close carriages is far from wholesome—it cannot be called taking the air—the only benefit derivable is from the excitement and change of scene. If people live within omnibus distance, and must needs ride, let them ride outside, and during all weathers. The inside of most omnibuses, especially in wet days, is more like stables (yet not half so agreeable as those well kept) than carriages for persons accustomed to tread on carpets or dry boards. An objection may be started to the difficulty of mounting the box or side seats of these vehicles, and not an unreasonable one, for surely no improvement is so requisite as the means of ascending and descending these cumbrous hearses for the living, but then, the exercise of getting up and down is better than in and out, and what little fresh air is to be had, may be thereby obtained and inhaled.

It may be given as a hint to those who keep late hours, that out-door *night air* is less wholesome than the air of the day. In the day-time vegetables give off oxygen—in the night time they absorb it.

Walking is unquestionably the best exercise, and to those who feel fatigued therefrom, or have not time, horse riding is the next. The bother, annoyance of farrier's and the leech's bill, and other expenses, should be calculated before hand, but with all these drawbacks, it offers immense advantages—

a gentle trot, a lively canter, and now and then a hard gallop, will be found alike useful to man and beast.

Early rising, if the sleeper go early to bed, holds out great benefits ; sleeping too long is bad for corpulent people—a man gathers much weight during the night.

A gentleman in Cheshire, many years ago, dieted and exercised himself to ride a favourite horse at a race—he reduced himself to ten stone—at the conclusion of the race, which he won, he dined moderately and went to bed, where he slept sixteen hours ; when he arose, he weighed himself, and found he had acquired fourteen pounds three quarters. I might go on *ad infinitum* with these maxims, but as my object is merely to announce my faith in the salutariness of fresh air and exercise, and that much of the success of Hydropathy consists in the accompaniment of these adjuncts, I will bring my observations to a conclusion. As a wind-up of my doctrine, I readily avow my belief in the healthfulness and usefulness in numerous cases of sickness, of cold bathing ; of the preference of simple, temperate, diet and drinks, to highly seasoned food, in excess, and to wines and spirits ; but I have yet to reconcile myself to the belief that, because all things may be abused, and may be rendered hurtful, that the same are to be, or should be excluded, when

taken in moderation, from the use of man. Viewing Hydropathy as a system of cure, I readily admit it possible that all that has been said of it in Mr. Claridge's book may have taken place : but I believe all to have been highly coloured ; that such extremes of treatment as have been detailed, may have been borne by some, but would be injurious to the many ; that though it may agree with our lighter-fed neighbours, it is not suitable to the consumers of roast beef and port wine, nor to the inhalers of London smoke. The trip to Graefenberg, in itself, is the most important feature. The bare idea of a journey up the Rhine, to one of Cockayne, is enough to work a miracle. The idea that he should ever travel *so far*, conjures up feelings of anticipation and excitement that do more good than even a rise of salary or a two-fold augmentation of business. "There is more in this than is dreamt of in our philosophy."—Exit Author.

Unerring nature, learn to follow close,  
 For *quantum sufficit*, is her just dose :  
*Sufficient* clogs no wheels and tires no horse,  
 Yet briskly drives the blood around the course :  
 And hourly adds unto its wastes, supplies  
 In due proportion to what's spent and dies :  
 Whilst surfeiting corrupts the purple gore,  
 And bankrupts nature of her long lived store :  
 And thus the soul is from the body tore,  
 Before its time—————  
 Which, by a temperate life, in a clean cell,



Might full a hundred years with comfort dwell,  
And drop, when ripe, as nuts do slip the shell.

### ON WARM AND MEDICATED VAPOUR BATHING.

WARM and Vapour bathing needs but little advocacy. Its usefulness is admitted by the healthy, the invalided, and the profession. The comfort and luxury of the warm bath is known to most people; its medical efficacy perhaps less so: but it may be stated in few words that its properties are soothing; and tranquillizing, assuaging pain, and quieting mental excitement; that the warm bath also relieves obstructions by creating perspiration, exciting the action of the kidneys, and promoting the various secretions of the body. For the information of the invalid or the curious, a pamphlet may be had for the asking at the establishment of the author of these pages. The properties of the vapour bath and medicated bathing are less known. Their medical efficacy in rheumatism, nervous pains, obstructed perspiration, cutaneous complaints, and all those disorders where the system is languid or irritable, is no less extraordinary than true. As a measure for preserving and improving health, and as a means for allaying nervous irritability, and securing mental tranquillity, the vapour bath is the most powerful agent we have.

The delightful sensations experienced from vapour

bathing are beautifully and truly described by Savary in his “Letters on Egypt,” an extract of which is presented to the reader. He says, “Transported from the bath to the external air—extended on a sofa—abstracted from all worldly reflections, but those pertaining to the brighter side of your existence—the breast dilates, and you breathe with voluptuousness, perfectly refreshed, and, as it were, regenerated—you experience a universal comfort—the blood circulates with freedom, and you feel as if disengaged from an enormous weight, together with a suppleness to which you have hitherto been a stranger. A lively sentiment of existence diffuses itself to the very extremities of the body, while it is lost in delicate sensations. The soul sympathizing with the delight, enjoys the most agreeable ideas. The imagination, wandering over the universe which it embellishes, sees on every side the most enchanting picture, and every where the image of happiness. If life be nothing but the succession of our ideas, the rapidity with which they then recur to the memory, the vigour with which the mind runs over the extended chain of them, would induce a belief, that in the two hours of that delicious calm that succeeds the bath, one had lived a number of years.”

DR. CULVERWELL may be consulted at his RESIDENCE  
21, ARUNDEL STREET, STRAND,

*(The last house, left-hand side, facing the River,)*

MORNINGS, TILL  $\frac{1}{2}$  PAST 10.

AFTERNOONS, FROM 3 TILL 6.

EVENINGS, BY APPOINTMENT.

SUNDAY MORNINGS, TILL 12.

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DAILY FROM ELEVEN TILL TWO O'CLOCK  
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*Letters to be sent to Arundel Street.*





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